

# Coronavirus Disease (COVID-19)

The Novel Coronavirus Disease (COVID-19) situation is rapidly evolving, therefore Public Safety and First Responders are encouraged to check the Department of Public Health COVID-19 [webpage](#) and the CDC [website](#) for current information.

## 1. What are the typical symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying.

Symptoms include:

- Fever
- Cough
- Difficulty breathing

## 2. How is the virus spread?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing.
- Close personal contact, such as caring for an infected person.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

## 3. What should I do if I have to interact with a person with respiratory symptoms?

If the person has a fever, shortness of breath/difficulty breathing, or cough:

- If possible, maintain a distance of at least 6 feet.
- Place a surgical mask on the person and place a mask on yourself. Wear gloves if there will be physical contact.
- Have a trained Emergency Medical Service/ Emergency Medical Technician (EMS/EMT) assess and transport anyone that has symptoms of fever and cough or shortness of breath and who may require evaluation at a healthcare facility.
- Wash your hands with soap and water for a minimum of 20 seconds after contact. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- If close contact has occurred with someone who has symptoms of COVID-19 noted above, be sure to clean and disinfect your duty belt and gear prior to reusing it with a household cleaning spray or wipe and follow standard procedures for disposal of any personal protective equipment and for laundering of clothes.



### Key Points

- If the person shows symptoms of fever, shortness of breath/difficulty breathing, and cough, place a surgical mask on the person.
- Wear a mask yourself if the individual has symptoms of fever, cough or shortness of breath.

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## **4. What else can I do to protect myself?**

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent influenza if you have not done so this season.
- Learn your employer's plan for exposure control and participate in all-hands training on the use of Protective Personal Equipment (PPE) for respiratory protection, if available.

You can also refer to CDC's Guidance on [What Law Enforcement Personnel Need to Know about Coronavirus Disease 2019 \(COVID-19\)](#) for additional information

Always check with reliable sources for the up-to-date, accurate information about COVID-19.

- Los Angeles County Department of Public Health (LACDPH, County)
  - <http://publichealth.lacounty.gov/media/Coronavirus/>
- California Department of Public Health (CDPH, State)
  - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- Centers for Disease Control and Prevention (CDC, National)
  - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
- World Health Organization (WHO, International)
  - <https://www.who.int/health-topics/coronavirus>

If you have questions, and would like to speak to someone call 2-1-1